



## MC&FP FACT SHEET

### Additional information

Counseling provided through these resources is confidential except to meet legal obligations or to prevent harm to self or others.

Military and family life counselors are available at:

- Military and family support centers
- Child development centers
- Schools and youth camps
- Some military units as embedded support
- A commander's request for surge support for military units returning from combat.

**Military OneSource counseling**  
[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)  
800-342-9647

## Confidential Non-Medical Counseling Programs

### Background

Non-medical counseling provided by military and family life counselors and Military OneSource is confidential, short-term counseling for active duty, Guard and reserve service members and their families. All eligible individuals may receive up to 12 sessions per issue face-to-face, online or telephonically at no cost.

### Highlights

Non-medical counseling by military and family life counselors and Military OneSource supports service members and families by:

- Helping them develop skills to manage everyday challenges and those specifically related to military life, including relocation adjustment, separation, reintegration, relationship issues, parenting skills, communication, anger management, grief, stress, deployment, coping skills, interpersonal skills and occupational or academic issues
- Offering flexible counseling services in three different formats — face-to-face, online and telephonic — and around military families' schedules
- Providing licensed counselors trained to work with the military community

